



# ACTIVE LIVING

## EVERGREENS LIFESTYLE CENTER

### Promoting Independent Lifestyles

July—August  
2025  
#srgseniors

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### *Tell Me About the Good Ol' Days* Living Legacy Project



**"The wisdom that comes with  
living is a gift to share."  
Merle R. Saferstein**

Many of us have fond memories of listening to our parents, grandparents, or other relatives telling us stories about life in "the good ol' days." From the price of groceries to popular music to stories that shape our values, these periods of sharing have helped us better understand and remember earlier generations. Their stories were important to share, and we believe that your story is just as important. This is an opportunity to help you write your story down for friends and family.

The Living Legacy Project will meet on select Tuesdays in August and September to create Living Legacy journals. Each session will include pre-printed journal sheets with questions aimed to help you think about the important experiences you've had in life so far. Reflective questions will include topics on your family, childhood, traditions, lessons, and advice. We will allow time for sharing to help others find inspiration, and you will be welcome to take your journal pages home to continue writing. At the end of the project, you will have a guided journal of your wisdom to share! Staff will present you with options for binding the journal.

Space is limited to 10 participants, and you can register for the project on August 1. If you are interested in completing a journal on your own without attending the sessions, please contact us at [seniorcenter@senior-resources-guilford.org](mailto:seniorcenter@senior-resources-guilford.org) or by phone at 336-373-4816 ext 280 to request the prompts.

Meetings will be held at 10am on August 19, August 26, September 2, September 9, & September 16. We hope you'll join us in creating this thoughtful heirloom!



#### ARE YOU LATE ON FILING YOUR TAXES?

Volunteer Income Tax Assistance (VITA) can help!

**Free tax preparation by IRS-trained  
volunteers available for those who have a  
household income of \$67,000 or less!**

Saturdays from 9am - 11am  
July 19 August 23 September 13

Appointments will take place at the Evergreens Lifestyle Center  
(lower level, 1401 Benjamin Parkway, Greensboro).

**CALL TODAY**

Appointments required -  
call SeniorLine at 336-333-6981 to schedule.

## Evergreens Lifestyle Center

1401 Benjamin Parkway  
Greensboro, NC 27408

Phone.....336-373-4816 ext 280

Fax.....336-373-4922

Website.....

[www.senior-resources-guilford.org](http://www.senior-resources-guilford.org)

Facebook.....

[www.Facebook.com/](http://www.Facebook.com/SeniorResourcesOfGuilford)

SeniorResourcesOfGuilford

## Hours

M-F ..... 8:30am - 5:00pm

*Please note that we close at 3:30pm on Fridays until September.*

## \* Senior Center Director

Julie Silverman, MSW

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## Rural Outreach Coordinator

Larry Kirwan

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## Rural Outreach Site Manager

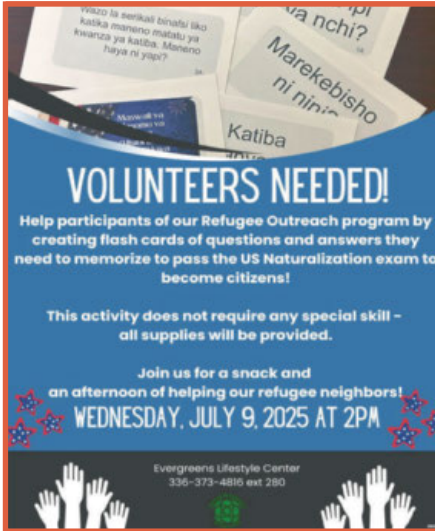
Connie Hicks

[rosite@senior-resources-guilford.org](mailto:rosite@senior-resources-guilford.org)

## Refugee Outreach Coordinator

Peter Lindsay

[refugeepgm@senior-resources-guilford.org](mailto:refugeepgm@senior-resources-guilford.org)



Have you noticed the beautiful flowers in front of the Evergreens Lifestyle Center? Many thanks to Earla Forrester and Celia Cepeda (and their daughters!), who generously transformed the flower beds. Be sure to thank them for making our senior center cheerful!



Did you know that our Crochet Club creates group projects to donate to local nonprofits? Their most recent project, Sleepy Smile Blanket & Pillows, was created by Pam, Cheryl, Eleanor, Helen, Celia, Pat, Kitty, Charlene, Anita, Evangeline, and Rose. Wonderful job, ladies!

hand  
made  
»»♥««



## UPCOMING TRAVELOGUES

3

### Evergreens Lifestyle Center Travelogue



## Japan

Join us on our armchair travels as we explore the ancient temples, majestic castles, shrines, and vibrant cities of Japan! We will sample a traditional Japanese dessert.

Monday, July 14, 2025 at 10am  
Sign up is required - call July 11!  
Call (336) 373-4816 ext 280

Evergreens Lifestyle Center  
1401 Benjamin Parkway, Lower Level



### Evergreens Lifestyle Center TRAVELOGUE

## PERU

MON,  
AUG 18,  
2025  
10AM



Join us on our armchair travels as we explore Peru! We will see ancient monuments, castles, and modern cities and enjoy a traditional Peruvian dessert.

**REGISTRATION REQUIRED**  
**CALL (336) 373-4816 EXT 280 TO REGISTER**

Evergreens Lifestyle Center  
1401 Benjamin Parkway  
Lower Level



**Need help reducing  
your energy costs?**

## Weatherization Assistance Program

**Piedmont Triad Regional Council**

Serving Alamance, Caswell, Davidson, Forsyth, Guilford, Person, Randolph, and Rockingham Counties

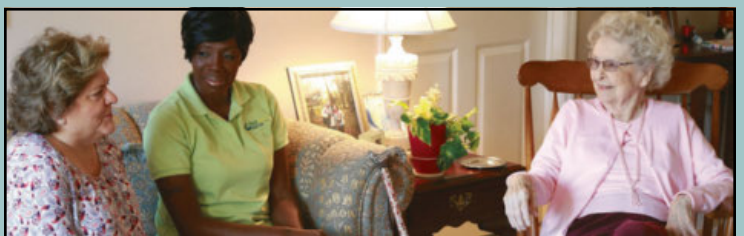
**There is a FREE government assistance program that can help! Call the Weatherization Assistance Program to see if you qualify for this free opportunity. The Piedmont Triad Regional Council is accepting applications in your county to make your home more energy-efficient.**

**For more information call 336-904-0338**



Call to Inquire About Our  
Meeting / Event Space  
(336) 668-0421

6426 Burnt Poplar Rd • Greensboro, NC 27409



From help with chores and the daily activities of living to sharing smiles, conversation and friendship **this is home care the FirstLight way.**

At FirstLight® Home Care of Guilford and Jacksonville-Crystal Coast, the care we provide goes beyond the basics of bathing, house cleaning and medication reminders. If you want to go to the movies, share a joke or play a cherished game, we're there. We care for seniors, busy moms, adults with disabilities, veterans and any adult recovering from illness, injury or surgery. Let us create a personalized care plan to fit your individual needs with services such as:

- Conversation & company
- Bathing, dressing & hygiene
- Laundry & light housekeeping
- Transportation & errands
- Walking & mobility assistance
- Assistance with meals
- Medication reminders
- Travel companion services
- And so much more



Call us today to schedule a complimentary consultation.

**Greensboro 336-808-1351**

**Jacksonville 910-939-0695**

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Guilford.FirstLightHomeCare.com

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14-1578





Evergreens Lifestyle Center July Day Trip



**\$30**

## BOWLING AT AMF

Leave from Evergreens at 1:30pm, return by 4pm.  
Cost includes transportation, shoe rental, lane rental for 1.5 hours, unlimited soda, and 2 slices of pizza.

*This activity does not require high amounts of walking and is suitable for those using mobility devices.*

**THURSDAY,  
JULY 17, 2025 AT 1:30PM**



Sign up in person on Thursday, July 3.  
Payment due by Friday, July 11.

336-373-4816 ext 280



**\$30**

August Day Trip

## GUIDED TOUR OF THE DUKE LEMUR CENTER

Thursday, August 14, 2025

On this tour, you'll learn all about the most endangered mammals on the planet along with the Duke Lemur Center's mission - while seeing at least 8 species of lemurs that call this noninvasive research center home!

Following the tour, we'll stop for a late breakfast/early lunch at Cracker Barrel (breakfast is not included in the cost of the trip).  
Leave from Evergreens at 8am, return by 1pm.  
Cost includes transportation and

guided tour

of the Duke Lemur Center.

Sign up opens Monday, July 21.

Payment due by August 1.

*This activity requires high amounts of walking on uneven terrain for about 60 minutes. The tour takes place outside regardless of the weather.*

Evergreens Lifestyle Center  
336-373-4816 ext 280



- Personal care
- Homemaking services
- Companionship
- Dementia Care and Respite Care
- 24/7 Virtual Care
- Hourly and Live-in Care
- Veterans Administration Benefits



## GRISWOLD

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GREENSBORO

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**336.285.7477**

[GriswoldCare.com/Greensboro](http://GriswoldCare.com/Greensboro)

Helping keep  
seniors safe  
at *home*.



**Home Instead.**

(336) 294-0081

[HomeInstead.com/311](http://HomeInstead.com/311)

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EST 1977  
*Jason & Chase*

NEW HOMES, REMODELS & REPAIRS

**(336) 235-8588**

~ References Available ~

[nc.homebuilder@yahoo.com](mailto:nc.homebuilder@yahoo.com)

[JECHASECONSTRUCTION.COM](http://JECHASECONSTRUCTION.COM)

# SUPPORT OUR ADVERTISERS!



Over 13 sessions, this class will cover basics of navigating the iPhone, the contacts app, calling, photos, messaging, exploring the internet, using email, managing apps, and question and answer session. This comprehensive series is limited to 10 participants.



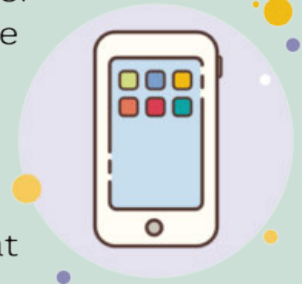
The cost of the series is \$85 (that's only \$6.50 per session!). Participants must sign up for the entire series; we will not take sign ups for individual classes.



The series will start on August 11 and end November 3. All sessions will be held Mondays at 11am.



Sign up for the entire series starts July 14. Payment is required in full by July 21. No refunds are offered for missed classes. If we are unable to fill all 10 spots in the class series, the sessions will be cancelled and your funds returned. Sign up by calling 336-373-4816 ext 280.



## Do You Qualify for *Extra* Medicare Benefits?

If you have a chronic condition like:  
**Diabetes ♦ Chronic Heart Failure**  
you may qualify for *more* Medicare benefits.

Get the care you need with HealthTeam Advantage. \$0 copay for primary care providers, some specialists, and transportation to appointments.

Call our local Medicare experts today to see if you qualify.

**336-203-9309 (TTY: 711)**

8 a.m.-8 p.m. | Oct.1-March 31, 7 Days a Week  
April 1-Sept. 30, Monday-Friday



Learn more by  
scanning the QR Code.



HealthTeam Advantage, a product of Care N' Care Insurance Company of North Carolina, Inc., is a PPO and HMO Medicare Advantage plan with a Medicare contract. Enrollment in HealthTeam Advantage depends on contract renewal. H2624\_2525\_M



*AHOY (Adding Health to Our Years)***Mondays.....9:15 am+**

Join us for a 30 minute chair exercise class that helps to manage arthritis pain, as well as improve flexibility and balance. Class is taught by Chipper Nuckles. \$3

*Arthritis Foundation Exercise Program (AFEP)***Mondays .....1:30 pm**

This low-impact recreational exercise program will help you reduce fatigue, pain, and stiffness. This hour-long class is taught by Kelly Dorrough of Better Balance Senior Fitness. \$4

*Better Balance***Tuesdays .....9:00 am**

Join instructor Zee Bawangaonwala of Move Forward Physical Therapy for this popular exercise class that helps seniors to improve their balance. Class is 30 minutes. \$3

**Advanced Class.....9:45am**

A more advanced workout. Class is 30 minutes. \$3

*Zumba Gold***Tuesdays..... 1:00 pm**

Are you ready for a fitness dance party? Zumba Gold is a lower-intensity version of the popular Zumba classes that combine dance, choreography, and movement for an energizing hour-long exercise class! Class taught by Lenna Sikes. \$4

*Drums Alive Cardio Drumming***Wednesdays.....1:00 pm**

Join Board Certified Music Therapist Randi Lee from Magnolia Melodies Music Therapy for Drums Alive Cardio Drumming class. A fun full body workout that lasts 30 minutes. \$4

Please continue to register for Cardio Drumming!

*Tai Chi***Thursdays.....12:30 pm**

Join instructor Eric Reiss for this 30 minute slow paced, meditative physical exercise. \$3

*Chair Yoga***Fridays .....9:15 am+**

This 30 minute yoga class helps harmonize all aspects of the body and mind. Taught by Chipper Nuckles. \$3

*Strength & Safety: Recovering From Falls***Second Thursday of each month at 9am**

Learn practical techniques to safely recover from a fall and simple exercises to make it easier. Discover tools that can help make your home safer. Taught by Michele Walker. \$4

+Designates classes streamed on

Facebook Live. Find us at

[Facebook.com/SeniorResourcesOfGuilford](https://www.facebook.com/SeniorResourcesOfGuilford)

**Vision & Eye Care  
For Older Adults**

WEDNESDAY  
JULY 2  
2025  
10AM

Join Dr. Laurie Kennedy-Malone, Professor Emerita, School of Nursing, UNCG, for this informative presentation on how to care for our eyes as we age.

Evergreens Lifestyle Center  
1401 Benjamin Parkway  
Lower Level



(336) 373-4816 ext 280



## New Grief Support with Medi Home Health & Hospice

### GRIEF WORKSHOP

Wednesday,  
July 23  
at 1pm

Grief is a natural and deeply human response to loss - whether that loss is of a loved one, a relationship, a role, or a way of life. It weaves through every part of who we are, affecting our emotions, thoughts, bodies, and spirit. Grief can surface as sadness, anger, confusion, or even numbness, and it often changes the way we see ourselves and the world around us. Grief may disrupt daily routines, impact physical health, or alter relationships. No two grief experiences are the same, and there is no 'right' way or timeline for healing. Medi Home Health and Hospice invites attendees to a workshop offering a compassionate and supportive space to honor grief, explore its many layers, and learn gentle ways to navigate through the personal grief journey.

Please join Medi Home Health and Hospice every 1<sup>st</sup> Thursday of the month at 11am for a Grief Support Group. This group is open to anyone seeking support as they navigate their personal journey through loss and grief. Experienced and compassionate staff, knowledgeable in grief and healing, will be present to guide and facilitate the group. Grief support groups can offer a powerful source of strength, providing connection, understanding, and encouragement from others who have faced similar experiences. Sharing in a supportive space can remind you that you are not alone. For more information about the Grief Support Group, please contact your local Medi Home Health and Hospice office at 336-248-4101.

### GRIEF SUPPORT GROUP

Begins  
Thursday,  
August 7 at 11am

### ADDRESSING GRIEF

with Medi Home Health & Hospice



#### GRIEF WORKSHOP

July 23, 2025 at 1pm

Join us for a workshop offering a compassionate and supportive space to honor grief, explore its many layers, and learn gentle ways to navigate through the personal grief journey.

#### GRIEF SUPPORT GROUP

Beginning August 7, 2025 at 11am

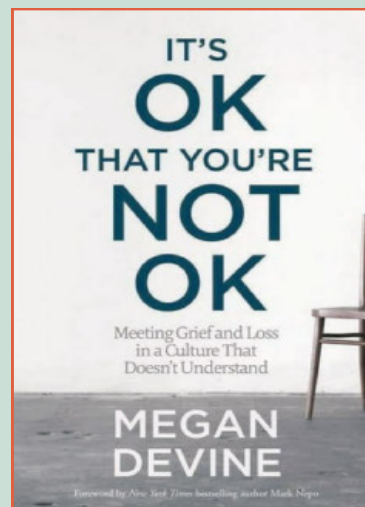
1<sup>st</sup> Thursdays at 11am

This group is open to anyone seeking support as they navigate their personal journey through loss and grief. Experienced and compassionate staff, knowledgeable in grief and healing, will be present to guide and facilitate the group.



Evergreens Lifestyle Center 336-373-4816 ext 280  
Lower level, 1401 Benjamin Parkway, Greensboro

If you are unable to make the Grief Workshop, these two books are recommended reading:



Monday

Tuesday

Wednesday

Thursday

Friday

	<p>9a Better Balance (\$3) <b>1</b>            9:45a Advanced Better Balance (\$3)            10a Goal Setting with Cheryl *            1p Zumba Gold (\$4)            2p Games &amp; Mahjong</p>	<p>10a Vision &amp; Eye Care for Older Adults <b>2</b>            11a Open Art/Craft Room            1p Cardio Drumming (\$4)            2p Crochet Club</p> 	<p>10a Recipe for Success (V) <b>3</b>            12:30p Tai Chi (\$3)            1p Blood Pressure Checks            2p Jewelry Club            2p Dominoes</p> 	<p>The Evergreens Lifestyle Center is closed today. <b>4</b></p> 
<p>9:15a AHOY (\$3) (V) <b>7</b>            1p Canasta            1:30p Arthritis Foundation Exercise Program (\$4)</p> 	<p>9a Better Balance (\$3) <b>8</b>            9:45a Advanced Better Balance (\$3)            1p Zumba Gold (\$4)            2p Games &amp; Mahjong            6p CAA</p>	<p>10a Virtual Reality * <b>9</b>            11a Open Art/Craft Room            1p Cardio Drumming (\$4)            2p Crochet Club            2p Volunteer Activity – Flash Cards for Refugees</p>	<p>9a Recover from Falls (\$4) * <b>10</b>            12:30p Tai Chi (\$3)            1p Blood Pressure Checks            2p Jewelry Club            2p Dominoes</p> 	<p>9:15a Chair Yoga (\$3) (V) <b>11</b>            10a Trivia with Tina            11a “Remarkably Bright Creatures” Book Club            1p Friday Favorite Movie – “The World of Susie Wong” *            1p Monthly Birthday Celebration</p>
<p>9:15a AHOY (\$3) (V) <b>14</b>            10a Japan Travelogue *            11:30a Tips to Let Go of Stress with Humana            1p Canasta            1:30p Arthritis Foundation Exercise Program (\$4)</p>	<p>9a Better Balance (\$3) <b>15</b>            9:45a Advanced Better Balance (\$3)            1p Zumba Gold (\$4)            2p Games &amp; Mahjong</p> 	<p>10a Virtual Reality * <b>16</b>            11a Gardening with Recipe for Success (V)            11a Open Art/Craft Room            1p Cardio Drumming (\$4)            2p Crochet Club</p>	<p>10a Recipe for Success (V) <b>17</b>            12:30p Tai Chi (\$3)            1p Blood Pressure Checks            1:30p Bowling at AMF Day Trip (\$30) *            2p Jewelry Club            2p Dominoes</p>	<p>9:15a Chair Yoga (\$3) (V) <b>18</b>            10a Trivia with Tina            11a “Remarkably Bright Creatures” Book Club            1p Friday Favorite Movie – “Blade Runner” *</p>
<p>9:15a AHOY (\$3) (V) <b>21</b>            1p Canasta            1:30p Arthritis Foundation Exercise Program (\$4)</p> 	<p>9a Better Balance (\$3) <b>22</b>            9:45a Advanced Better Balance (\$3)            1p Zumba Gold (\$4)            2p Games &amp; Mahjong</p>	<p>10a Virtual Reality * <b>23</b>            11a Open Art/Craft Room            No Cardio Drumming.            1p Addressing Grief Workshop            2p Crochet Club</p>	<p>10a Name that Tune <b>24</b>            11a Button Butterfly Craft (\$5) *            12:30p Tai Chi (\$3)            1p Blood Pressure Checks            2p Jewelry Club            2p Dominoes</p>	<p>9:15a Chair Yoga (\$3) (V) <b>25</b>            10a Donuts with the Director            11a “Remarkably Bright Creatures” Book Club            1p Friday Favorite Movie – “Wild Oats” *</p>
<p>9:15a AHOY (\$3) (V) <b>28</b>            11:30a Summer Cookout with HealthTeam Advantage            1p Canasta            1:30p Arthritis Foundation Exercise Program (\$4)</p>	<p>9a Better Balance (\$3) <b>29</b>            9:45a Advanced Better Balance (\$3)            1p Zumba Gold (\$4)            2p Games &amp; Mahjong</p>	<p>10a Soap Making 101 * <b>30</b>            10a Virtual Reality *            11a Open Art/Craft Room            1p Cardio Drumming (\$4)            2p Crochet Club</p>	<p>12:30p Tai Chi (\$3) <b>31</b>            1p Blood Pressure Checks            2p Jewelry Club            2p Dominoes</p> 	<p>A * next to an activity means registration is required.</p> 



Monday

Tuesday

Wednesday

Thursday

Friday

# August 2025

A \* next to an activity means registration is required.

9:15a AHOY (\$3) (V) 1p Canasta 1:30p Arthritis Foundation Exercise Program (\$4) 3p Watermelon Social sponsored by Carolina Pines	4 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 1p Zumba Gold (\$4) 2p Games & Mahjong	5 10a Virtual Reality 11a Open Art/Craft Room 1p Cardio Drumming (\$4) 2p Crochet Club 	6 10a Recipe for Success Cooking Demo (V) 11a Grief Support Group with Medi Home Health & Hospice 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes	7 9:15a Chair Yoga (\$3) (V) 10a Trivia with Tina 11a "Me" Book Club * 1p Friday Favorite Movie – "The Windermere Children" * 1p Monthly Birthday Celebration 
9:15a AHOY (\$3) (V) 11 11a Alzheimer's Disease with Humana 11a iPhone Tech Class series (\$85) * 1p Canasta 1:30p Arthritis Foundation Exercise Program (\$4)	12 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 1p Zumba Gold (\$4) 2p Games & Mahjong 6p CAA *	13 10am Intro to Fall Home Maintenance 10a Virtual Reality * 11a Open Art/Craft Room 1p Cardio Drumming (\$4) 2p Crochet Club	14 8a Duke Lemur Center Day Trip (\$30) * 9a Recover from Falls (\$4) * 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes	15 9:15a Chair Yoga (\$3) (V) 10a Trivia with Tina 11a "Me" Book Club * 1p Friday Favorite Movie – "The Sixth Sense" * 
9:15a AHOY (\$3) (V) 18 10a Peru Travelogue * 11a iPhone Tech Class series (\$85) * 1p Canasta 1:30p Arthritis Foundation Exercise Program (\$4)	19 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 10a Living Legacy Project * 1p Zumba Gold (\$4) 2p Games & Mahjong	20 10a Virtual Reality * 11a Gardening with Recipe for Success (V) 10a Paper Weaving * 11am Story Logs with Austin Goldman 1p Cardio Drumming (\$4) 2p Crochet Club 	21 10a Recipe for Success Cooking Demo (V) 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes	22 9:15a Chair Yoga (\$3) (V) 10a Trivia with Tina 11a Creating Your Estate Plan with Edward Jones 11a "Me" Book Club * 1p Friday Favorite Movie – "A Time to Kill" *
9:15a AHOY (\$3) (V) 25 11a iPhone Tech Class series (\$85) * 1p Canasta 1:30p Arthritis Foundation Exercise Program (\$4)	26 9a Better Balance (\$3) 9:45a Advanced Better Balance (\$3) 10a Living Legacy Project * 1p Zumba Gold (\$4) 2p Games & Mahjong	27 10a Virtual Reality 11a Open Art/Craft Room 1p Cardio Drumming (\$4) 2p Crochet Club 	28 12:30p Tai Chi (\$3) 1p Blood Pressure Checks 2p Jewelry Club 2p Dominoes 	29 9:15a Chair Yoga (\$3) (V) No Donuts with the Director this month. 10:30a Guardian ad Litem Presentation 11a "Me" Book Club * 1p Friday Favorite Movie – "Breakfast at Tiffany's" *



## Meet Dianne Cates

Hometown: Burlington, NC

Current City: Greensboro

Graduated from South Alamance High School, 1966

Career: Administrative Assistant for UNC Hospitals for 32 Years

Dianne grew up in Saxapahaw, NC as an only child. After graduating from high school, she went to work for UNC Hospitals. She initially worked as a secretary to a doctor who was doing research in pathology. Later, she moved to the surgical pathology department and then to the dialysis department where she transcribed medical reports relating to things like kidney transplants. Dianne learned all the medical terms she needed for her job by herself without taking any classes! She married in 1977 at age 29. Dianne also worked for Verizon and Carolina Meadows assisted living in Chapel Hill. Her niece asked her to move to Greensboro and she has lived here ever since!

**Who was a role model for you?** “My mother. She was the kindest, most giving person I have ever known.”

**What’s the best advice you ever received?** To talk more! Dianne’s 7<sup>th</sup> grade teacher said, “You need to talk up!” because she has always been a very quiet person.

**What’s the proudest moment of your life, so far?** Retiring from UNC Hospitals after 32 years of working there.

**What’s something you did that would surprise people?** Dianne was a cheerleader in the 8<sup>th</sup> grade! She attended a very small school with only 30 students the whole class.

**Who is your favorite celebrity:** Neil Diamond! Dianne’s favorite movie is “The Jazz Singer”, and she recently saw A Beautiful Noise, the Neil Diamond tribute show at Tanger Center and loved it!

**What was a trend you followed “back in the day?”** Dianne loved wearing miniskirts and the Beatles!



**What do you like about Evergreens?**

“I love the people, the day trips, Chair Yoga, trivia, Cardio Drumming, and potlucks! I love the crochet club and have made friends there. I love it because I have crocheted since high school!”





### Dominoes

#### Tuesdays & Thursdays at 2pm

Join Earla twice a week for the classic board game, dominoes! No experience required and beginners are welcome.

### Carolina Aging Alliance Pizza Nights

#### Second Tuesday of each month at 6pm

Carolina Aging Alliance is a nonprofit organization that advocates for and provides services to LGBTQ+ persons 50 and over. Join us for pizza and a movie in July and pizza and games in August. Sign up is required.

### UNCG's Recipe for Success Cooking Demo

#### 1st & 3rd Thursdays at 10am

Join Deborah as she leads us in weekly cooking demos on how to make healthy meals and gain knowledge about proper nutrition. Join us in-person or streamed on Facebook Live.

### Virtual Reality

#### Wednesdays at 10am

Explore the exciting and engaging world of VR! Learn to use Meta VR headsets with Tina and explore new worlds. Please sign up for this activity by calling 336-373-4816 ext 280.

### Gardening Workshop with Recipe for Success

#### Third Wednesday of each month at 11am

Join Kimberly for an educational and interactive gardening workshop. A wide range of topics are covered! These presentations are streamed live on Facebook and can also be enjoyed in-person at the Evergreens Center.

### Donuts with the Director

#### Last Friday of each month at 10am

Join Julie Silverman, Director of the Evergreens Lifestyle Center, for a monthly feedback session.

### Monthly Birthday Celebrations

#### First Friday of each month at 1pm

Join Field Realty/Remax Realty Consultants for a celebration of the month's birthdays with cake!

### FRIDAY FAVORITE MOVIES IN JULY

FRIDAYS AT 1PM

JULY 11:  
*THE WORLD OF SUSIE WONG* (1960)  
JOHN PUGH'S FAVORITE



JULY 18:  
*BLADE RUNNER* (1982)  
JACKIE DORN'S FAVORITE



JULY 25:  
*WILD OATS* (2016)  
EVANGELINE THORNE'S FAVORITE



SPACE IS LIMITED!  
CALL ON JULY 1 TO SIGN UP.

EVERGREENS LIFESTYLE CENTER  
336-373-4816 EXT 280

### FRIDAY FAVORITE MOVIES IN AUGUST

FRIDAYS AT 1PM

AUGUST 1:  
*THE WINDEREMERE CHILDREN* (2020)  
ANITA BENKOVIC'S FAVORITE



AUGUST 8:  
*A SUMMER PLACE* (1959)  
PAT DAVIS'S FAVORITE



AUGUST 22:  
*A TIME TO KILL* (1996)  
JANET HAMLIN'S FAVORITE



AUGUST 15:  
*THE SIXTH SENSE* (1999)  
PATRICIA COATES'S FAVORITE



AUGUST 29:  
*BREAKFAST AT TIFFANY'S* (1961)  
MARY ELLEN WEAVER'S FAVORITE



SPACE IS LIMITED!  
CALL ON AUGUST 1 TO SIGN UP.

EVERGREENS LIFESTYLE CENTER  
336-373-4816 EXT 280



## HOW TO EAT AN ELEPHANT:

GOAL SETTING AND  
GETTING THINGS DONE

with Cheryl Jones

Have you been putting things off for too long?  
Is it getting on your nerves or making you feel guilty?  
Are you unsure where to start?

JOIN US FOR A FREE, 1 HOUR CLASS WHERE YOU WILL LEARN:

- How to create worthwhile goals
- How to break down goals into manageable and doable actions
- The benefits of accomplishing goals



**JULY 1, 2025 AT 10AM**

AT THE EVERGREENS LIFESTYLE CENTER 336-373-4816 ext 280

CALL TO REGISTER 6/15

*Come be motivated and inspired!*

## NAME THAT TUNE

Evergreens Lifestyle Center



COME PLAY A FUN AND EXCITING GAME OF NAME THAT TUNE WITH SONGS FROM THE 1940S TO THE 1980S!

1401 BENJAMIN PARKWAY  
LOWER LEVEL

## SUMMER

COOK OUT &  
POTLUCK

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**Monday, July 28, 2025  
11:30 am**

Hot Dogs & Hamburgers Provided  
Bring a side dish!  
Sign up at the front desk.

Evergreens Lifestyle Center  
1401 Benjamin Parkway  
Lower Level  
(336) 373-4816 ext 280

## SOAP MAKING 101

WITH JOHN HOWE,  
RETIRED CHEMIST & HOBBY SOAP MAKER

Join John to learn the skills & science needed to make your own bars of soap with oils and shea butter!

**WEDNESDAY, JULY 30, 2025  
10AM - NOON**

THIS CLASS IS VERY LIMITED IN SIZE DUE TO THE EQUIPMENT AND SUPPLIES USED.  
SIGN UP STARTING JULY 1 BY CALLING  
336-373-4816 EXT 280.



EVERGREENS LIFESTYLE CENTER

## WATERMELON SOCIAL

CELEBRATING NATIONAL  
WATERMELON DAY

SPONSORED BY



Enjoy the season's best watermelon and play fun games!

**Monday, August 4, 2025**

**3pm**

Evergreens Lifestyle Center  
1401 Benjamin Parkway  
Lower Level

## INTRODUCTION TO FALL HOME MAINTENANCE

PRESENTED BY BOB GERKEN,  
AGE FRIENDLY GUILFORD COORDINATOR

As the vibrant colors of summer fade and the crisp air of autumn begins to settle in, it's the perfect time to prepare our homes for the upcoming colder months. Fall home maintenance is essential to ensure that our homes remain safe, comfortable, and efficient throughout the winter season. We will be discussing key tasks and tips to help you get your home ready for fall and winter.

- Understand the importance of fall home maintenance
- Identify key maintenance tasks
- Practical tips and techniques
- Safety techniques

**WEDNESDAY, AUGUST 13, 2025  
10AM**

Evergreens Lifestyle Center  
336-373-4816 ext 280

## LEARN ABOUT STORY LOGS

with Austin Goldman

**AUGUST  
20,  
2025**



**11AM**

Story logs are oversized wood carvings that can be used as walking sticks or displayed as decor. They can include names, dates, pets, hobbies, religious themes, and more. Austin will describe the artistic process of creating these literal logs of your life!

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336-373-4816 ext 280

## Workshops with Felix Delgado, Financial Advisor

Edward Jones

Join Felix for an educational seminar and snack at the Evergreens Lifestyle Center!

**Creating Your Estate Plan Friday, August 22 at 11am**

A 60-minute seminar to explain the difference between a will and trust. Learn about life insurance and important tax information. Asset transfer, planning, and guardianship will be discussed.

**Power of Budgeting Friday, September 26 at 11am**

A 60-minute interactive seminar where we will explore the importance of creating and maintaining a budget, examine the difference between wants and needs, and set goals for personal spending, savings and debt repayment.

Join Us in  
2025!

Evergreens Lifestyle Center  
Lower Level, 1401 Benjamin Parkway

## BOOK Club

**JULY 2025**  
Reserve your  
copy June 27



**Me**

Stories of My Life  
Katharine Hepburn

**AUGUST 2025**  
Reserve your  
copy July 21

Evergreens Lifestyle Center  
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### What the First-time Caregiver Needs to Know

Everyone ages and there comes a time when older or ailing loved ones need help. Oftentimes friends or family members rise to the occasion to assist them. If you're one of those first-time family caregivers, you are not alone. If you're caring for a grandparent, parent or other loved one for the first time, there will be both challenges and rewards in the months ahead. It can be difficult, and you might not even be sure where to start. One of the challenges you'll face is keeping track of everything your loved one needs while managing your own daily life. This means juggling doctor appointments and prescriptions, arranging transportation to and from doctors' offices, and refilling and picking up medications. Then there are the regular day-to-day chores to consider: doing laundry, planning and cooking meals, shopping for groceries, and cleaning the house or apartment.

#### Here are some tips to help you through the challenging months ahead:

- **Familiarize yourself.** Learn as much as you can about your loved one's medical conditions. Know what to expect as they age and their conditions progress. It is vital to be able to make informed decisions about the care they will require.
- **Share the responsibility.** Don't try to go it alone. Enlist a network of friends and family who can help. It doesn't have to involve major tasks. Let them help with mundane tasks.
- **Consider respite care.** You're only human, and you will need to take a break every now and then, consider hiring a professional in-home caregiver to relieve you for a few hours each week so you can run errands or just take a break and relax.
- **Join a support group.** This setting will give you the opportunity to share frustrations and problems with others who may be able to provide insight due to their own experiences.
- **Lean on technology.** Human memory is fallible, especially in busy or stressful circumstances. There are apps for smartphones that can help track caregiving tasks, provide medication and appointment reminders, create schedules and take notes.
- **Don't lose perspective.** Whatever else happens, don't forget that your loved one is an individual with their own wants and needs. Involve them in caregiving decisions, especially those that involve their health, living situation, or finances. When it can be done safely, allow them to perform the daily tasks they are capable of. It will make the process much smoother. In the end, be patient with yourself and the loved one you are caring for. Prioritize your own health and don't try to do everything yourself.

Adapted from "What the First Time Caregiver Needs to Know" by Carol Nelson, RN



### Family Caregiver Program

#### Program Eligibility:

Adult family members/other informal caregivers 18 or older providing care to an individual 60 years of age or older adult family members or other informal caregivers age 18 or older providing care for an individual diagnosed with Alzheimer's Disease or other Dementia

#### Grandparents Raising Grandchildren

Support Group: 4th Thursday of Each Month  
Senior Resources of Guilford's Caregiver Library  
10am—12pm

Offering resources to individuals 55 and older (not birth or adoptive parents) providing care to children under age of 18.

#### Lunch Break Book Club at High Point Public Library

July 10 (12pm)— Book Kick Off of *Where the Light Gets In*  
August 14 (12pm) —Book Discussion

Sign up at [HospiceofthePiedmont.org/events](https://HospiceofthePiedmont.org/events)

#### Memory Café at Jamestown United Methodist Church (403 E Main Street)

Third Tuesday of Each Month  
1:30pm—3:30pm

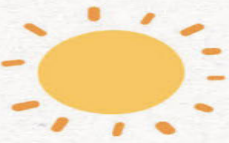
A safe space for caregivers and their loved one to share socialization, entertainment, and valuable information.

#### Respite Vouchers

The Respite Voucher program allows family caregivers to take a much-needed break from caring for their loved one. Vouchers can be used at one of three approved in-home care agencies. Eligible family caregivers must be caring for an individual 60 years of age or older or an individual with a dementia diagnosis.

The Rural Outreach Program provides monthly activities and lunch for seniors residing in Guilford County but outside Greensboro and High Point city limits. There's no cost for the meal but reservations are required!

Contact Larry or Connie in the Rural Outreach office at (336) 373-4816 ext. 265 or email [ruraloutreach@senior-resources-guilford.org](mailto:ruraloutreach@senior-resources-guilford.org) for reservations.



## JULY - AUGUST 2025 RURAL OUTREACH LUNCHEONS

### MORIAH (SOUTHEAST)

*Moriah United Methodist Church, 3611 Liberty Road*

**July 1 (Tuesday), 10:30am-12pm, Ben Jeager, Alzheimer's Association, Healthy Living**

**August 5 (Tuesday), 10:30am-12pm, Attorney Mike Casterlow, Celebrity Estate Planning Fails: They Didn't Plan—But You Can!**

### OAK RIDGE

*Oak Ridge First Baptist Church, 2445 Oak Ridge Road*

**July 2 (Wednesday), 10:30am-12pm, Dr. Cassandra Germain, Dementia: Early Warning Signs and How to Reduce Your Risks**

**August 6 (Wednesday), 10:30am-12pm, Attorney Mike Casterlow, Celebrity Estate Planning Fails: They Didn't Plan—But You Can!**

### COLFAX

*Shady Grove Wesleyan Church, 119 Bunker Hill Road*

**July 8 (Tuesday), 10:30am-12pm, Whitney Dawson, Alzheimer's Association, Advocacy for Alzheimer's Patients and their Families**

**August 12 (Tuesday), 10:30am-12pm, Attorney Mike Casterlow, Celebrity Estate Planning Fails: They Didn't Plan—But You Can!**

### STOKESDALE

*Stokesdale United Methodist Church, 8305 Loyola Drive*

**July 10 (Thursday), 10:30am-12pm, Jodi Hernandez, AARP, Home Fit: Modify Your Home for Comfort and Independence.**

**August 12 (Thursday), 10:30am-12pm, Eileen McGuiness, When the Diagnosis is Dementia: Three Action Steps You Should Take Right Now**

### SUMMERFIELD

*Summerfield Community Center, 5404 Centerfield Road*

**July 17 (Thursday), 10:30am-12pm, Jill Davis, Health Educator, Balance Builder**

**August 21 (Thursday), Attorney Dennis Toman, Celebrity Estate Planning Fails: They Didn't Plan—But You Can!**



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### Store Hours

M-F 10:30 am - 6 pm  
Sat 10 am - 5 pm  
Su 12 pm - 5 pm





**\$5**

# Button Butterfly Craft

with Kathy

Thursday, July 24, 2025  
11am

Create a colorful butterfly with buttons on canvas!

Space is limited.  
Sign up starting July 1.



Evergreens Lifestyle Center  
336-373-4816 ext 280

EVERGREENS LIFESTYLE CENTER



# PAPER WEAVING

with Lenora Bruckdorfer

Come learn how to weave colored and printed paper into beautiful designs!

Wednesday, August 20, 2025 at 10am  
Space is Limited ~ Registration Required

Evergreens Lifestyle Center  
1401 Benjamin Parkway  
Lower Level  
(336) 373-4816, extension 280



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## Senior Resources of Guilford

### Evergreens Lifestyle Center

1401 Benjamin Parkway  
Greensboro, NC 27408

#### Contact Us:

Phone 336-373-4816 ext 280

Fax 336-373-4922

[www.senior-resources-guilford.org](http://www.senior-resources-guilford.org)

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July—August 2025

## OUR MISSION

The mission of Senior Resources of Guilford is to serve our diverse community of seniors and their families by advocating and providing supportive services that enhance the independence, health and quality of life for seniors. The purpose of the Evergreens Lifestyle Center is to provide a comfortable, supportive, and healthy environment for adults age 55 years and older to engage in activities to enhance their independence, health, and quality of life.

Adults 55 years of age and older are invited to socialize with their peers and participate in a variety of programs. Transportation may be available for adults age 60 and older who are unable to drive through Guilford County Mobility Services and Access Greensboro. There is no fee to attend the Center; however, there may be a fee associated with trips and certain activities. Voluntary contributions are accepted and help us to continue and expand programming. We welcome new programming instructors and all senior clubs and senior group meetings.

## Follow us on:

